

Introduction To Course 452



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Will Cover

- Course objectives
- What is expected of you
- Deference between orthopedics & others
- Explain the tables
- Reading sources
- Exams



Course Objectives



Orthopedics

Orthopedic = study of musculo.skeletal system
(bone diseases & trauma)



Orthopedics

What do **YOU** want to learn in this block ?



Orthopedics

- Curriculum core contents:
 - Fractures & soft tissue trauma
 - Red flags & emergencies
 - Non-traumatic orthopedic conditions
 - Pediatric orthopedic
 - Spine
 - Oncology
- Best results when:
 - Knowledge
 - Skill
 - Attitude



Course Objectives

- **Knowledge:**
 - Recognize the ***common & important*** orthopedic disorders & injuries in adults & children in our community
 - Recognize orthopedic ***emergencies*** & how to deal with them
- Note: the information we are giving you is from the book (> 5y old), in addition to evidence-based practice



Course Objectives

- To acquire the **skills**:
 - Good **H/O** taking of trauma and elective cases
 - Perform **O/E** of spine, limbs, & joints
 - The ability to read **radiological** images
 - Perform simple basic Orthopedic **tasks**



Course Objectives

- **Attitude** performance:
 - Toward:
 - Patients with their relatives or care givers
 - Medical staff, including: doctors (seniors & juniors), nurses, paramedics, porters, ...
 - Be calm, & on best behavior → daily & exams
 - Professionalism
 - Learn from seniors how to deal with patients & their relatives (this is what you **wont** find in books)
 - If saw a bad behavior → learn not to do it



Expectations



Expectations

- 5 week course
- Study & prepare from the beginning



Expectations

- Each student must attend at least **75%** of all: lecture, skill, O/E, hospital visits, and discussion session
- If this is not achieved → not be allowed to attend the **FINAL EXAM**
- Meaning:
 - Warning 15% of total sessions → **7 sessions**
 - Not allowed in final exam 25% → **11 sessions**



Respect

- Be on time always
- We start sharp... We will give you a breaks
- If late → come in quietly
- Attendance:
 - At the end of a lecture
 - We are the ones to take it
 - Don't sign for someone else
- We do mean the times in the tables (home)



Respect

- Cell phones → silent
- Do not fiddle with your gadgets during lectures & sessions...But if for lectures its ok



Respect

- When we talk ... You listen
- We do encourage discussion & asking:
 - Care in lecture ... thought process
 - If can wait:
 - At end of lecture, or
 - In the discussion session (write it in a note pad)
- Raise your hand if:
 - Want to answer (respect one another, don't be selfish)
 - Have a question
 - Need to leave the class briefly → raise your hand, if you don't ...



Respect

- We do allow that you eat & drink in lectures & discussion session, BUT NOT in skill, O/E, & hospital visits
- When go to the hospital:
 - It's for → OPD, cast room, ER, ward, & OR
 - Respect → patients & staff
 - No giggles or laughter
 - Dress properly
 - White coat (PUN)



Orthopedic Peculiarities



History

- Orthopedics & trauma → will be given in a separate lecture



Clinical Examination

- Patient's position (in bed / walk in OPD)
- Limb's attitude



Clinical Examination

- The system we are going to use is:
 - Inspection = Look
 - Palpation = Feel
 - Movement = Move (active / passive)
 - Do:
 - Special tests
 - Measurements
 - Gait
 - Neurovascular assessment
- Always compare



Tables



Table- W1

	8 - 10 AM		10 AM - 12 Noon	1 - 3 PM	3 - 4 PM
Sunday 10-04-2016 03-07-1437	Introduction to the Course <i>Dr.Kholoud</i>	Introduction to Orthopedics <i>Dr.Kholoud</i>	Orthopedic Terminologies <i>Dr.Samira Satti</i>	"A Lady Doctor's Attitude" <i>Dr.Kholoud</i>	
Monday 11-04-2016 04-07-1437	Orthopedic History Taking <i>Dr.Samira</i>		MSK Radiological Interpretation <i>Dr.Kholoud</i>	Examination of the Hip <i>Dr.Samira / Dr.Kholoud</i>	
Tuesday 12-04-2016 05-07-1437	Degenerative Osteoarthritis <i>Dr.Kholoud</i>		Common Adult L.L Sport Injuries <i>Dr.Samira</i>	Examination of the Knee <i>Dr.Kholoud / Dr.Samira</i>	
Wednesday 13-04-2016 06-07-1437	Common Pediatric Hip Disorders <i>Dr.Kholoud</i>		Common Spinal Disorders <i>Dr.Samira</i>	Examination of the Back <i>Dr.Kholoud / Dr.Samira</i>	Self reading
Thursday 14-04-2016 07-07-1437	Common U.L Disorders <i>Dr.Samira</i>		Common Foot & Ankle Disorders <i>Dr.Kholoud</i>	Examination of the Shoulder <i>Dr.Kholoud / Dr.Samira</i>	



Table- W2

	8 - 10 AM	10 AM - 12 Noon	1 - 3 PM	3 - 4 PM
Sunday 17-04-2016 10-07-1437	Principles of Fractures & Soft Tissue Trauma <i>Dr.Samira</i>	Open Fractures & Compartment Syndrome <i>Dr.Kholoud</i>	Examination of the Foot & Ankle <i>Dr.Kholoud / Dr.Samira</i>	
Monday 18-04-2016 11-07-1437	Common Adult Fractures- U.L <i>Dr.Samira</i>	Common Pediatric Fractures <i>Dr.Kholoud</i>	Skill- Reduction of Colle's Fracture & Shoulder Dislocation <i>Dr.Samira / Dr.Kholoud</i>	Self reading
Tuesday 19-04-2016 12-07-1437	Common Adult Fractures- L.L <i>Dr.Samira</i>	Common Adult Fractures- Spine <i>Dr.Kholoud</i>	Common Metabolic Bone Disorders <i>Dr.Samira</i>	Self reading
Wednesday 20-04-2016 13-07-1437	Common Dislocations- U.L & L.L <i>Dr.Samira</i>	Musculoskeletal Infections <i>Dr.Kholoud</i>	Common Pediatric L.L Disorders <i>Dr.Kholoud</i>	Self reading
Thursday 21-04-2016 14-07-1437	Principles of Casting & Splinting <i>Dr.Samira</i>	Skill- Casting & Splinting of U.L <i>Dr.Samira / Dr.Kholoud</i>	Skill- Casting & Splinting of L.L <i>Dr.Kholoud / Dr.Samira</i>	



Table- W3

	8 - 10 AM	10 AM - 12 Noon	1 - 3 PM
Sunday 24-04-2016 17-07-1437	Hospital	Hospital	Hospital
Monday 25-04-2016 18-07-1437	Hospital	Hospital	Hospital
Tuesday 26-04-2016 19-07-1437	Hospital	Hospital	Hospital
Wednesday 27-04-2016 20-07-1437	Hospital	Hospital	Hospital
Thursday 28-04-2016 21-07-1437	Hospital	Hospital	Hospital

N.B: In hospital distribution (see detailed tables)



Table- W3

Work Day at KPMC

OPD (5 rooms), Cast (2 rooms), Ward (female 10 rooms, Ped lots), OR (1 room daily)

		AM		PM
		8-10	10-12	1-3
Sun	06-03	PNU	PNU	PNU
Mon	07-03	PNU	PNU	OPD (Dr.Sawan): 5 & 6 Cast: 1 & 2 Ward: - OR (Dr.I. Assiri): 3 & 4
Tues	08-03	OPD (Dr.Assiri): 1 & 2 Cast: 3 & 4 Ward: - OR (Dr.Sawan/Dr.Moath): 5 & 6	3 & 4 5 & 6 1 & 2 -	OPD --- closed Cast: --- closed Ward: 3, 4, & 5 OR (Dr.Sawan/Dr.Moath): 1 & 2
Wed	09-03	OPD (Dr.Alghamdi/Dr.Shahid): 1 & 2 Cast: 5 Ward: - OR (Dr.Alshaya): 3 & 4	3 & 4 1 & 2 - 5	OPD (adult screening): 5 Cast: 3 & 4 Ward: - OR (Dr.Alshaya): 1 & 2
Thurs	10-03	OPD --- closed Cast --- closed Ward: 3, 4, & 5 OR (Dr.Shahid): 1 & 2	- - 1 & 2 3, 4, 5	OPD --- closed Cast --- closed Ward: - OR (Dr.Shahid): -

Work Day at PMAH

OPD (AM 3 rooms, PM 5 rooms), Cast (2 rooms), Ward (female 50 rooms), OR (1 room daily), ER

		AM		PM
		8-10	10-12	1-3
Sun	06-03	PNU	PNU	PNU
Mon	07-03	PNU	PNU	OPD (# clinic): 5 Cast: 1 & 2 Ward: - OR (Dr.Bakarman): 3 & 4 ER: 6
Tues	08-03	OPD (Dr.Bakarman): 1 & 2 Cast: 3 & 4 Ward: - OR (Dr.Abbas): 6 ER: 5	6 5 1 & 2 3 & 4	OPD (Dr.Arafah): 3 & 4 Cast: 6 Ward: - OR (Dr.Abbas): 5 ER: 1 & 2
Wed	09-03	OPD (Dr.Altuwaijri): 3 Cast: - Ward: 4 OR (Dr.Aloamar): 2 ER: 1	1 & 4 2 & 3 - - -	OPD (Dr.Altuwaijri): 4 Cast: - Ward: 1 OR (Dr.Arafah): 3 ER: 2
Thurs	10-03	OPD (Dr.Alshouli): 1 Cast: - Ward: 2 OR (Dr.Altuwaijri): 4 ER: 3	2 & 3 1 & 4 - - -	OPD (Dr.Alshouli): 2 Cast: - Ward: 3 OR (Dr.Altuwaijri): 1 ER: 4

The students gp's are:

Group A:

- 1- Roba + Nahla
- 2- Nora Sarhan + Ayat
- 3- Nora Rayes + Rawan Alrowaili
- 4- Abeer Alhareeri + Najla + Ghayda
- 5- Rawan Alkhalaf (Tues 4pm) + Esraa (Tues. night)
- 6- Budur (Tues 4pm) + Hessa (Tues 11am)

Group B:

- 1- Bothaina + Lujain
- 2- Mai + Maha
- 3- Suha + Ola
- 4- Ghadah + Marwa
- 5- Hanouf + Sara
- 6- Fay (Tues 11am) + Abeer Alkhalaf (Wed afternoon) + Najd (Tues night)

The Doctors are:

Name	Specialty
KPMC Hospital	
Dr.Osama Alshaya	Head of department, Arthroplasty & Oncology
Dr.Ahmad Alghamdi	Program director, Arthroplasty & Pelvic Reconstruction
Dr.Shahid Hassan	Pediatric Ortho
Dr.Hassan Sawan	Upper Extremity & Oncology
Dr.Ibrahim Assiri	Spine & Foot + Ankle
Dr.Moath Alghadeer	Pediatric Ortho
PMH Hospital	
Dr.Khalid Bakarman	Head of department, Pediatric Ortho
Dr.Mohammad Alshouli	Program director, Arthroplasty & Foot + Ankle
Dr.Mohammad Altuwaijri	Trauma surgeon
Dr.Khalid Abbas	General Ortho
Dr.Abdalaziz Alomar	Sports surgeon
Dr.Irfan Arafah	Arthroplasty & Foot + Ankle



Table- W4

	8 - 10 AM	10 AM - 12 Noon	1 - 3 PM	3 - 4 PM
Sunday 01-05-2016 24-07-1437	Common Peripheral Nerve Disorders <i>Dr.Samira</i>	Discussion- Limping Child <i>Dr.Kholoud / Dr.Samira</i>	<u>Mock Exam</u> 8.9	Examination of Peripheral Nerves <i>Dr.Kholoud / Dr.Samira</i>
Monday 02-05-2016 25-07-1437	Common Musculoskeletal Tumors <i>Dr.Kholoud</i>	Discussion- Chronic Joint Pain <i>Dr.Kholoud / Dr.Samira</i>	Skill- Instruments & Orthotics <i>Dr.Samira / Dr.Kholoud</i>	Self reading
Tuesday 03-05-2016 26-07-1437	Discussion- Low Back Pain <i>Dr.Kholoud / Dr.Samira</i>	Discussion- MSK Radiobiological Review <i>Dr.Kholoud / Dr.Samira</i>	Self reading	Self reading
Wednesday 04-05-2016 27-07-1437	Physical Examination Review <i>Dr.Samira / Dr.Kholoud</i>	Material Review <i>Dr.Kholoud / Dr.Samira</i>	Exams Orientation <i>Dr.Kholoud / Dr.Samira</i>	Self reading
Thursday 05-05-2016 28-07-1437	Self reading	Self reading	Self reading	Self reading



Table- W5

	8 - 10 AM	10 AM - 12 Noon	1 - 4 PM
Sunday 08-05-2016 01-08-1437	Review	Review	Review
Monday 09-05-2016 02-08-1437			
Tuesday 10-05-2016 03-08-1437	Mid Term Written Exam 9 – 11AM		Final OSPE Exam 12 – 1 PM
Wednesday 11-05-2016 04-08-1437			
Thursday 12-05-2016 05-08-1437	Final OSCE Exam 8 AM – 1 PM		Course Evaluation 1 – 2 PM



Marks Distribution

- MCQ → 40 marks
- OSCE → 40 marks
- OSPE → 10 marks
- Lecture assignment → 10 marks
 - Its given at the end of the lecture
 - Has to be submitted within 48h post lecture
 - Wed. & Thur. → submitted on Sunday
 - If given < 72h, take half of the mark
 - If > 72h → 0.0 mark
 - Must be **hand** written on the same paper on the assignment



References



References

- "Students Guide"
- **Main references:**
 - Apley's System of Orthopedics and Fractures, 9th edition
 - Clinical Orthopedic Examination, Roland McRae, 6th edition
- **Further references:**
 - Practical Fracture Treatment, Roland McRae, 5th edition
 - Orthopedic Secrets, Surena Namdari, 4th edition



Keep in Mind

Our office hours ...



Your Group

- You are 26 Dr.'s, with 1 leader
- 2 gp (13, 13) each with a sub-leader



Any Question ?